by the fact that for determining the performance capacity a scaling of the performance measured above the individual anaerobic threshold occurs according to the lactate accumulation rate ΔA.

5. (Amended) Method according to claim 1, characterized by the fact that the stress is used as a basis for the IAT and the lactate accumulation rate ΔA in determining the nutrition and/or the consumption of a person with regard to his/her carbohydrate and/or fat and/or protein percentages.

6. Method according to claim 1, characterized by the fact that the individual anaerobic threshold according to Stegmann is used a basis for determining the nutrition and/or consumption of the person with regard to his/her carbohydrate and/or fat and/or protein percentages.

7. (Amended) Method according to claim 1, characterized by the fact that when stress occurs in a person over an extended period of time below his/her individual anaerobic threshold, the fat percentage of the nutrition is adjusted comparatively higher than the carbohydrate and the protein percentages.

8. (Amended) Method according to claim 1, characterized by the fact that with a lactate accumulation rate ΔA against ΔA_{max} the protein percentage of the nutrition is adjusted up to several times as high as with ΔA = 0.

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9. (Amended) Method according to claim 1 for determining the lactate accumulation rate ΔA, comprising the steps of:

measuring the time-dependent lactate concentration change beyond the individual anaerobic threshold,

adjusting a measurement curve to measurement values gained this way, in which the lactate concentration in relation to time is plotted,

determining a first gradient in the measurement curve at a time t_{IAT} that corresponds to the individual anaerobic threshold,

determining at least one additional gradient in the measurement curve at a time t_x with $t_x > t_{IAT}$

subtracting the second gradient from the first gradient to determine a difference, which represents the lactate accumulation rate ΔA.

10. (Amended) Method according to claim 1, characterized by the fact that for determining the performance capacity, different types of stress such as running tests, swimming tests, stepping tests, ergometry methods with graduated or continuous stress increase with and without breaks are used.

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